



Child & Adult Care Food Program (CACFP)

On the Mission
TO NUTRITION



CACFP Summit



Department of
Human Services



**Sponsored by the
US Department of Agriculture**

This institution is an equal opportunity provider.



Opening Remarks

Allette Vayda, Director of Operations
Food Programs- CACFP & SFSP
Tennessee Department of Human Services

On the Mission
TO NUTRITION



United States Department of Agriculture



Willie C. Taylor, Regional Administrator
USDA Food and Nutrition Service
Southeast Regional Office-Atlanta, GA





Department of

Human Services

At-Risk Afterschool

Reimbursement Rates

July 1, 2021-June 30, 2022

Centers	Breakfast		Lunch/Supper		Snacks	
Paid	\$.33		\$.35		\$.09	
Reduced	\$1.67		\$3.26		\$.50	
Free	\$1.97		\$3.66		\$1.00	
Cash-In-Lieu			\$.26		\$.26	
Day Care Home	Tier I	Tier II*	Tier I	Tier II*	Tier I	Tier II*
	\$1.40	\$.51	\$2.63	\$1.59T	\$.78	\$.21
Administrative Reimbursement Rates	Initial 50	Next 50	Next 800	Each Additional		
	\$126	\$96	\$75	\$66		

Tier II rates for the waiver this year are reimbursed at the Tier I level.

For more information on the breakdown of reimbursement rates, visit the Federal Register page at [govinfo.gov](https://www.govinfo.gov).

Program Eligibility



- Provide care for children after school, weekends, holidays, and school vacations during the regular school year
- Scheduled education or enrichment activities open to all children
- Area Eligibility-Located where at least 50% of children are eligible for free or reduced-price meals

Organization Eligibility

- Eligible organizations
 - Public agencies (schools or city governments)
 - Tax-exempt nonprofit organizations*
 - Emergency Shelters
 - For-profit centers



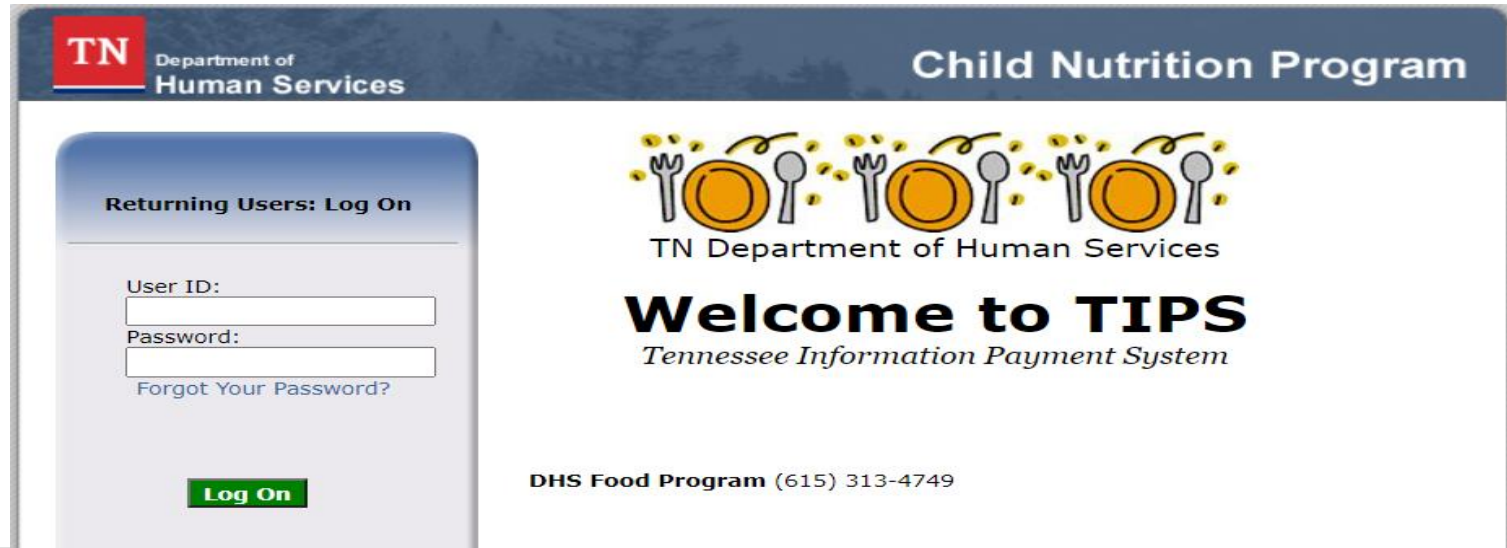
Participant Eligibility

- Age 18 or under at the start of the school year
- No age limit for persons with disabilities
- No minimum age limit



ARAS Application

Applications can be found online and submitted electronically in the Tennessee Information Payment Systems (TIPS).



The screenshot shows the login interface for the Tennessee Information Payment System (TIPS). At the top, a dark blue header contains the TN Department of Human Services logo on the left and the text "Child Nutrition Program" on the right. Below the header, the page is divided into two main sections. On the left, a light blue box titled "Returning Users: Log On" contains a login form with fields for "User ID:" and "Password:", a "Forgot Your Password?" link, and a green "Log On" button. On the right, a graphic features three stylized plates with forks and spoons, each with a small flame above it. Below this graphic, the text reads "TN Department of Human Services", "Welcome to TIPS", and "Tennessee Information Payment System". At the bottom right, the contact information "DHS Food Program (615) 313-4749" is displayed.

TN Department of Human Services

Child Nutrition Program


Returning Users: Log On

User ID:

Password:

[Forgot Your Password?](#)

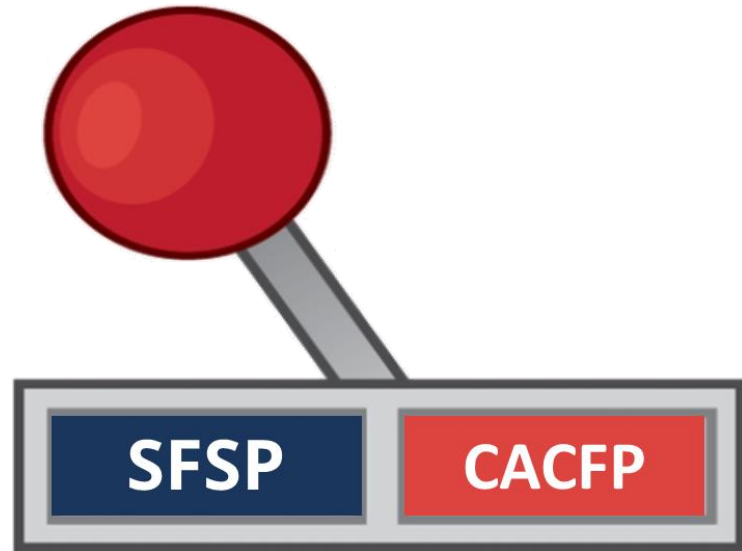
Log On


TN Department of Human Services
Welcome to TIPS
Tennessee Information Payment System

DHS Food Program (615) 313-4749

SFSP to CACFP

TDHS Food Programs encourages SFSP sponsors to make the switch to CACFP At-Risk Afterschool.



Health & Safety

- **Licensed facilities and schools-no additional health and safety requirements**
- **Unlicensed facilities must meet health and safety requirements**



Health & Safety

Accept one of the following (in order of importance):

1. Is the site located in a school?
 - Letter by approved official
2. Does the site prepare food?
 - Current environmental inspection
3. Has the Fire Department inspected the site?
 - Current fire inspection report
4. Occupancy permit
 - Valid permit
5. Private company inspection
 - Relevant inspection report



Bond & Background

- A bond is required for new CACFP participants with two or more sites
- Programs with only 1 site do not need a bond
- School systems that have a good history with the NLSP or National Breakfast Program can receive a bond waiver
- Background checks are required



CACFP Meal Types



Breakfast



Snacks



Lunch



Supper

Creditable Components

Fluid Milk

Meat/Alternates

Fruits

Vegetables

Whole Grains

Resources



CACFP Required Meal Patterns

http://www.fns.usda.gov/cnd/care/programbasics/meals/meal_patterns.htm



CACFP At-Risk Afterschool Meals Fact Sheet

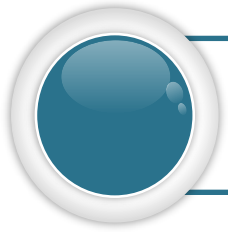
http://www.fns.usda.gov/sites/default/files/cacfp/CACFPfactsheet_atrisk.pdf



Code of Federal Regulations

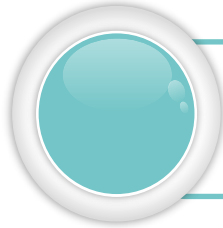
<http://www.gpo.gov/fdsys/browse/collectionCfr.action?collectionCode=CFR>

Resources



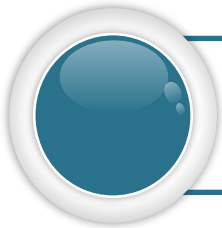
Food and Nutrition Service (FNS)

<https://www.fns.usda.gov>



Team Nutrition

<https://www.fns.usda.gov/tn>



CACFP At-Risk Afterschool Meals Best Practices, 2011 Final Report

https://fns-prod.azureedge.net/sites/default/files/Best_Practices_Report.pdf

Any
Questions



Contact Information



CACFP Main Telephone Line
(615) 313-4749



CACFP Email
cacfp.dhs@tn.gov



TIPS Website
<https://tndhs.cnpus.com/prod/Splash.aspx>

CACFP-Department of Human Services
tn.gov/humanservices/children/dhs-nutrition-programs/child-and-adult-care-food-program.html

Marissa Spady, MS, RD
Program Associate



No Kid Hungry



CACFP Afterschool Meals & Snacks: Partners & Resources

Marissa Spady MS, RD

Program Associate

No Kid Hungry Tennessee

August 12, 2021



No Kid Hungry Tennessee



TENNESSEE

- Campaign of national anti-hunger organization: Share Our Strength
- In 2020, we sent more than **\$70 million** in grant funding to over 1,900 **schools and organizations** across all 50 states, Puerto Rico, the District of Columbia and Guam
- In Tennessee, we granted more than **\$700,000** to **31 schools and non-profits** during the year 2020
- In 2021, we have granted over **\$400,000** to **22 schools and community sponsors** for summer meals

Tennessee Grants by County

March 15, 2020 – June 4, 2021



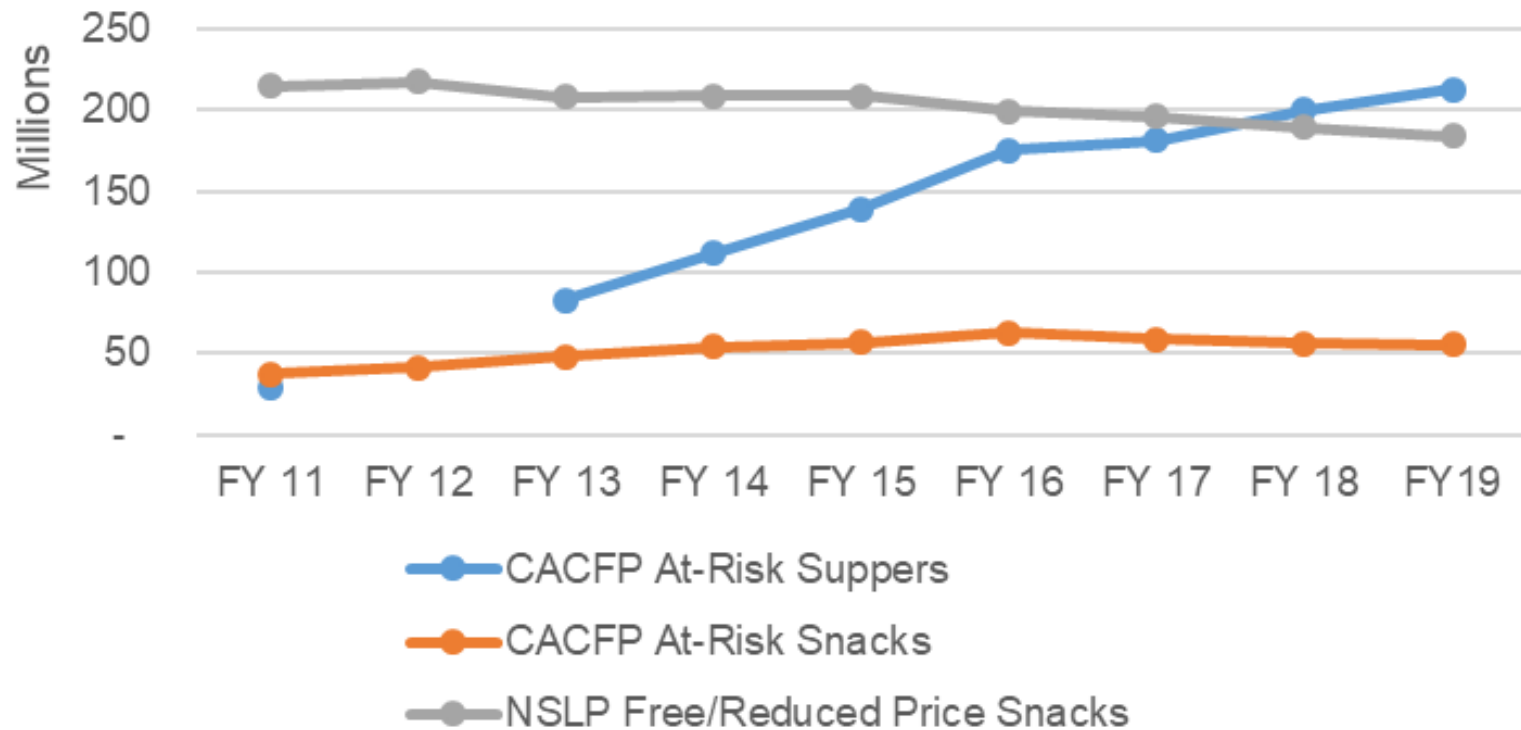


How Can No Kid Hungry Help You?

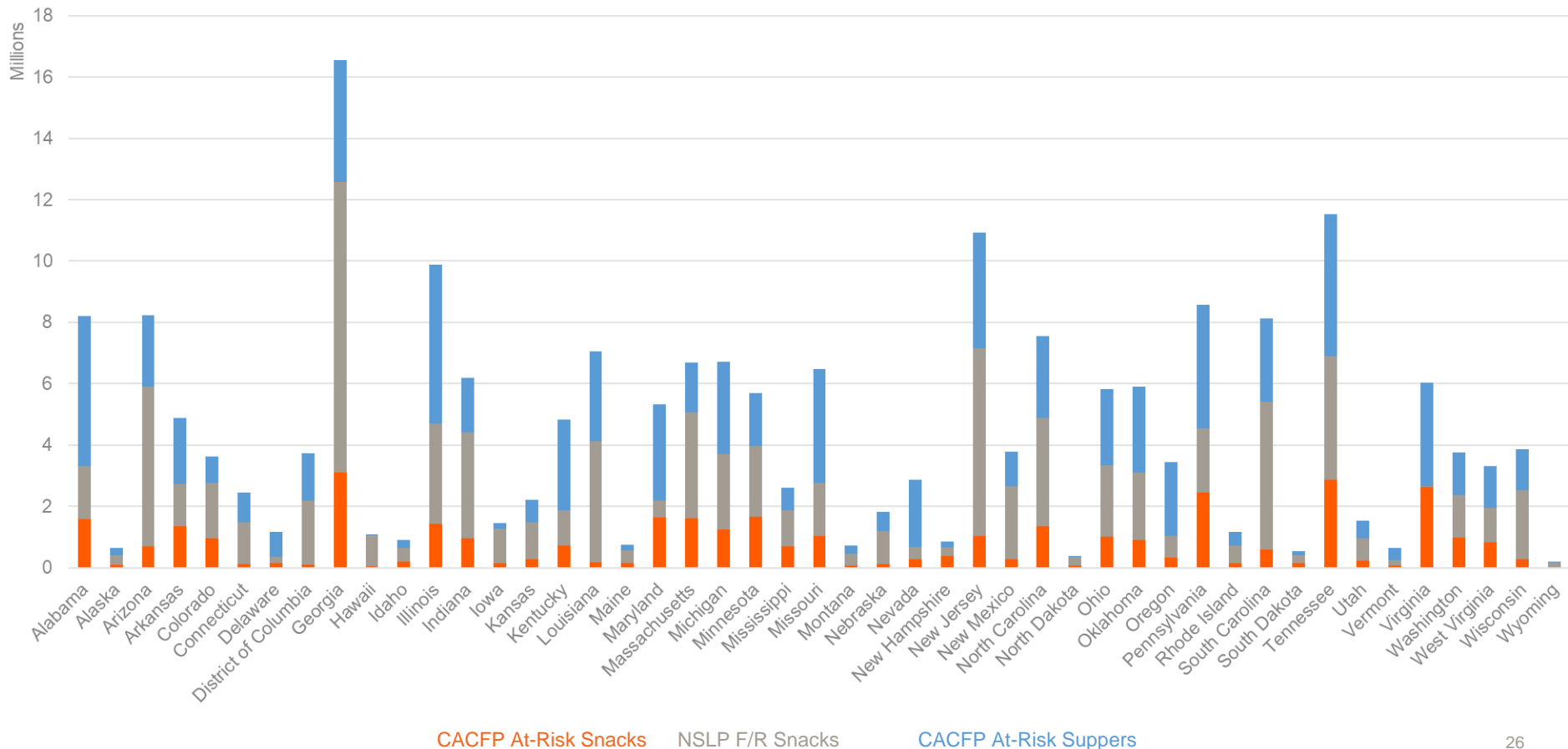
- Individualized Community Assessment
- Promotion and Marketing
- Identify additional sites/Sponsors in area
- Grant assistance
- Brainstorming Session
- Media Stories



The First 10 Years: Total Afterschool Snacks and Suppers Served Annually



FY19 Afterschool Meals & Snacks by State



“I got calls from parents thanking me for starting [the Afterschool Meals Program]. Their child has activities afterschool, and now they can have something to eat until they can get home.”

– Pamela Watson

Child Nutrition Director, Floresville ISD, Texas





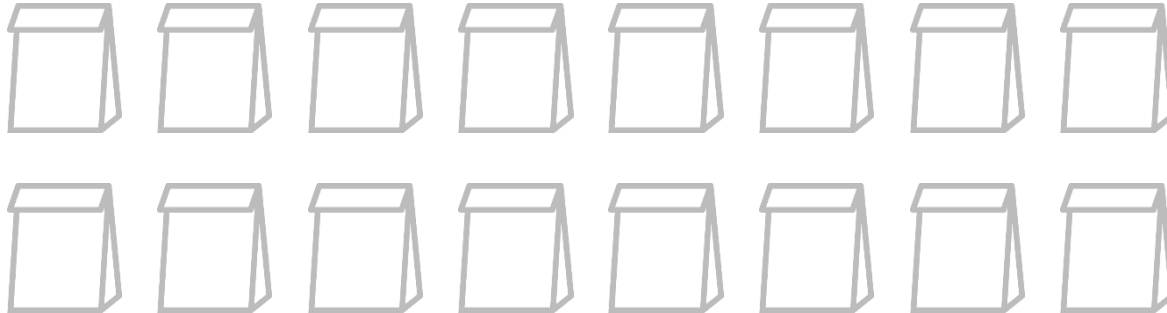
THANK YOU!

Afterschool Meals Gap

In FY19, there was just **one** afterschool meal served



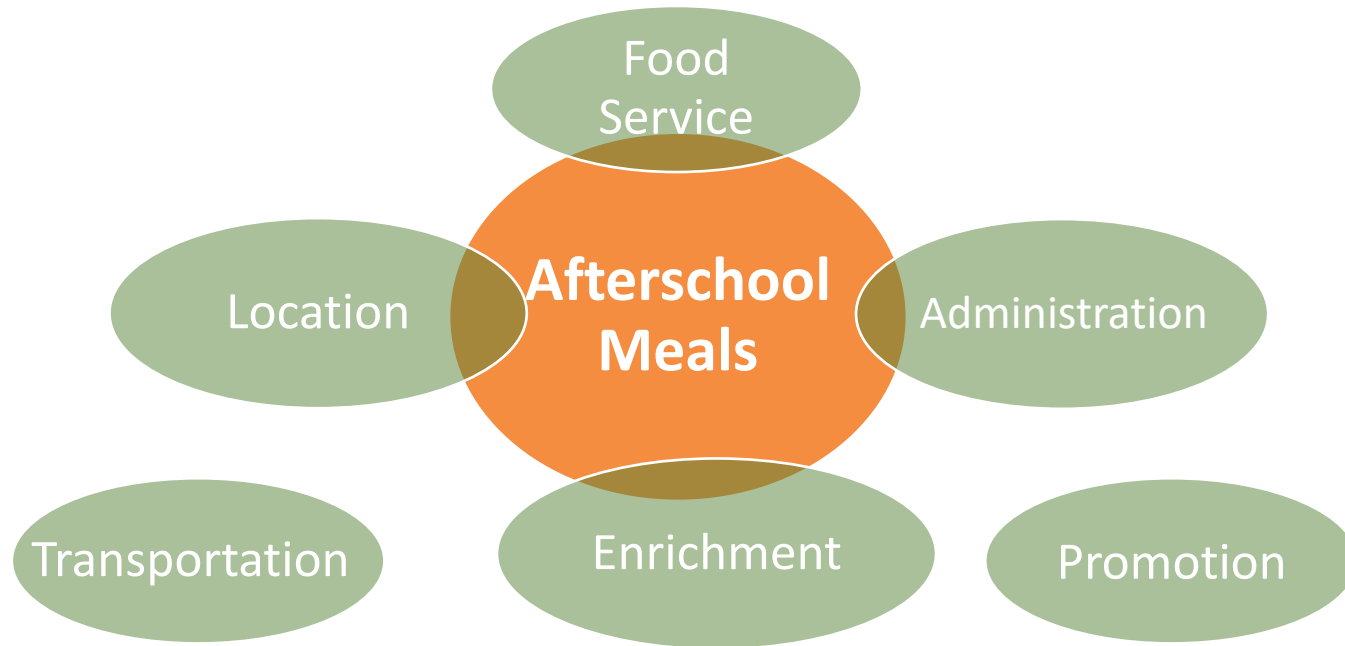
for every 16 free or reduced-price school lunches.



Partnerships in Afterschool Meals



Areas for Partnership



Potential Partners

Schools

21st Century Learning Centers

School-based extracurriculars

Community and faith-based Organizations

Boys & Girls Club

YMCA

Churches

United Way

Government

Libraries

Parks and Recreation centers

Housing authority communities

Ways No Kid Hungry Can Help with CACFP:

- Connecting with administrators, school nutrition teams, athletic directors, transportation at schools
- Helping to facilitate meetings and conversations
- Answering questions
- Identifying additional sites in the community that might be a good fit
- Promoting current sites in the community via social media/flyers/etc.
- Conducting focus groups
- Developing surveys



Educational & Enrichment Programming



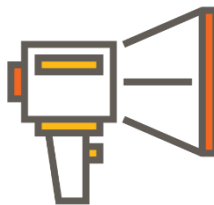
Strategies & Models to Maximize Access



Timing and
Logistics



Transportation



Effective
Promotion



Packaging and
Branding



Partnerships



STRATEGIES TO INCREASE MEAL PARTICIPATION

This resource features tried and true strategies to increase meals participation from FNS Directors across the nation, from hosting virtual meetings with families to playing jingles on your mobile meals route, like the ice cream truck, to signal meal pickup time!

Student Input & Meal Quality

"Get to know your customer – your students! Try collaborating with students and gathering input so there is mutual ownership of the school meal program. Together, you can build breakfast and lunch menus and increase meal participation."

Randy Milton, FNS Coordinator, Shepherd ISD, rural TX

Key Strategies

- ☐ Focus on cultural preferences that reflect community favorites.
- ☐ Consider asking students which recipes they like, via social media or conversation at meal pick-up sites.
- ☐ Build a reputation for high-quality, tasty meals.
- ☐ Incorporate local products and produce, where possible, and feature the local producers in your menu.

Using Culinary Skills

At Mission CISD in TX, FNS Director Rosy Woodrum has a strong commitment to keeping meals exciting and delicious. She has incorporated a variety of cuisines onto her menu, such as Cuban sandwiches and Chinese food in the to-go boxes typically seen at Chinese takeout restaurants. Students and families appreciate the meals for their high quality and diversity.



Strategies to Increase Meal Participation

Key Strategies

- Build strong relationships: Families, Community Partners, Staff, etc.
- Get to know your Customers! – What other services can you offer or partner with: SNAP, WIC, Transportation, etc.
- Promote, Promote, Promote – Everywhere!
- Get Creative: Raffles, Prizes, Social Media, Packaging= FUN!
- Local Farmers or Restaurants

[Download the Resource](#)

For more resources on serving meals during the coronavirus pandemic, visit our website:
<http://bestpractices.nokidhungry.org/coronavirus-response-recovery>

Let Your Community Shape Your Program

Seek Feedback from Kids and Families

- Cultural preferences on the menu
- Ask kids what they like, via social media or informal conversations
- Highlight local products/produce into meals
- Work with trusted community partners
- Hire parents/caregivers

Download the Resource

Let Your Community Shape Your Meals Program



3. Do you have existing relationships with the families and within the communities you may not be reaching? If not, how can you authentically build new relationships? New community partnerships can be a great way to strengthen your work and improve your program. Relationships could be with community organizations, community leaders, or individual people. When reaching out, consider the work they are already doing, the ask that you are making, and the timing of your outreach. Some relationships may require ongoing communication, rather than just when you need something.



CMS staff delivering meals to families at outside locations

In practice: Charlotte-Mecklenburg Schools

At Charlotte-Mecklenburg Schools (CMS) in North Carolina, Child Nutrition Services works hand-in-hand with the district's Community Partnerships and Family Engagement department. During COVID-19 school closures, the Child Nutrition Services team quickly set up a grab-and-go meals program for their students at numerous school and community locations. Prior to COVID-19, CMS's Community Partnerships team had built a relationship with ourBRIDGE for Kids (ourBRIDGE), an afterschool program working with immigrant and refugee families in East Charlotte. When schools closed, ourBRIDGE knew that some families in East Charlotte were not able to access CMS meal sites due to transportation barriers. Because of their longstanding relationship, ourBRIDGE's Executive Director, Sil Ganai, felt comfortable reaching out to CMS to ask if they could pick up meals and deliver them directly to families' homes. CMS quickly agreed, and the very next day, ourBRIDGE staff began delivering meals. ourBRIDGE continues to be the link between CMS's meals program and the East Charlotte families that ourBRIDGE works with, ensuring that students have continued access to meals delivered by trusted community members.

4. How can you work with trusted community partners and families to create a more accessible and inclusive environment where kids, teens and caregivers are excited to participate? After collectively identifying barriers that may restrict program access for families, teens, and younger children, how might you work together to minimize those barriers? To identify and implement possible improvements? Note that if you are asking someone to do work with you for you, especially if it requires the labor of a person of color to leverage their personal experience and expertise, acknowledge their commitments and discuss fair compensation for their work.

In practice: Vaughn Next Century Learning Center

Vaughn Next Century Learning Center in CA knew it would be a challenge to reach every student with nutritious school meals during COVID-19 school closures. To accommodate each family's schedule for meal pick-up, the Food Services team hosted an online survey in English and Spanish to ask which days/times were most convenient. Vaughn designed their curbside distribution accordingly and made separate arrangements with any family that had a conflict. Then, the entire Vaughn staff, including principals and teachers, held four online "parent forums" via Zoom to answer families' questions about the meals program and solicit feedback. Now that the program is up and running, Vaughn staff continue to check in with families. The Food Services team shares with teachers which students are not picking up meals, and teachers reach out directly to ask if they may need any special accommodations. Teachers deliver any constructive feedback to the Food Services team, and they continue to tweak their program accordingly. To learn more about Vaughn's meals program, visit [this case study](#).



Vaughn staff delivering meals to families at drive-up site

5. Do staff represent the communities you hope to reach? The people serving meals can make a big difference for how comfortable kids, teens and their families feel at meal sites. Consider the relationships that staff have with the communities and food served. Do community members trust your team? Does your program serve culturally appropriate meals? If not, considering hiring staff who reflect the communities you are trying to reach, providing anti-racism and anti-bias training for staff, and retaining staff who are actually able to take the time to build authentic relationships with families.

Additional Afterschool Resources

[Starting Afterschool Meals FAQs](#)

[Getting Started with Afterschool Meals](#) (webinar)

[365 Days of Service with Child Nutrition Programs](#)

[Meeting Student Needs in SY21-22](#)

[Understanding Afterschool Snacks and Meals](#)

[Afterschool Meals Umbrella Model Handout](#)

[Supper in the Classroom Handout](#)

Any

Questions

A large, stylized blue question mark icon is positioned over the word "Questions". The question mark is composed of a large, rounded top and a dot. The dot is replaced by the letter 'i' from the word "Questions", which is rendered in a dark blue, sans-serif font. The 'i' has a blue dot and a blue base, making it appear as if the question mark is part of the word itself.



Stay in Touch!

Visit the No Kid Hungry TN website:

[Home - Tennessee | Tennessee \(nokidhungry.org\)](#)

Sign up for our No Kid Hungry TN newsletter:

[Click this link!](#)

Sign up for our Center for Best Practice newsletter:

www.bestpractices.nokidhungry.org/subscribe

Visit the CBP website:

www.bestpractices.nokidhungry.org



THANK YOU

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Tracey True, RND, LD
Manager of Food and Nutrition Outreach
Kentucky and Tennessee



The Dairy Alliance

Child and Adult Care Food Program

Nutrition Summit

August 12, 2021



**THE DAIRY
ALLIANCE**

What is The Dairy Alliance?

Our Vision

We are global advocates for dairy as an essential ingredient to life.

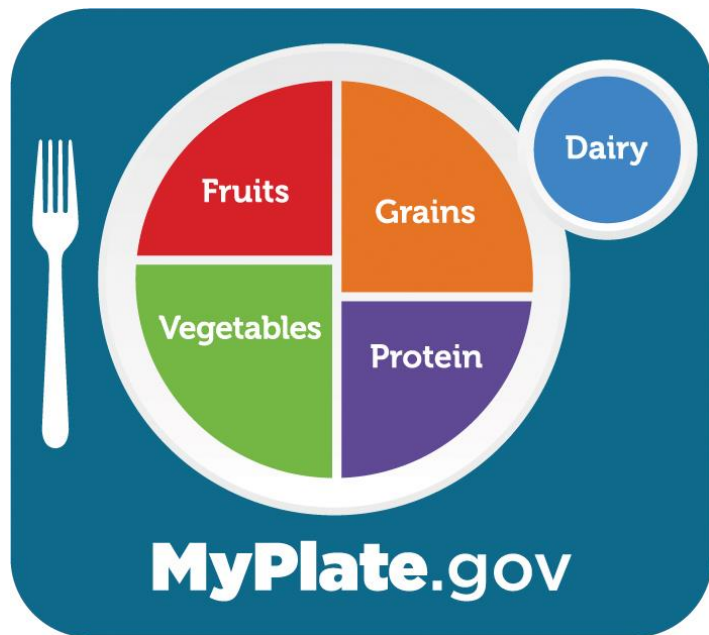
Our Mission

Everything we do is market-focused and proactively promotes and protects the interests of the Southeast dairy farm families.

State and Regional CHECKOFF ORGANIZATIONS



Why Dairy?



CONTACT US

Home About Resources Most Popular Questions

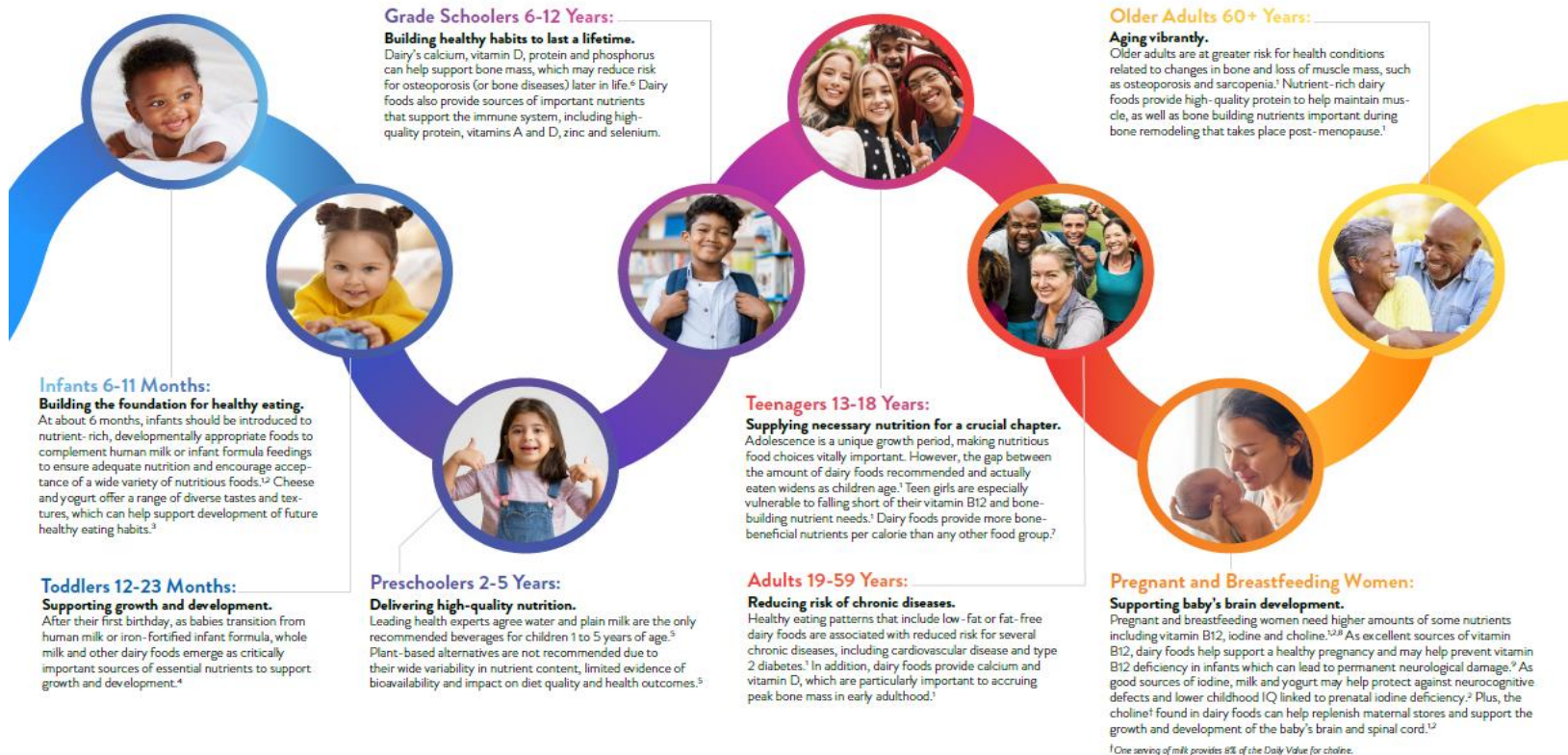
Find healthcare coverage now at healthcare.gov

The 2020-2025
Edition is Here!

Make Every Bite Count with
the Dietary Guidelines!

Download PDF





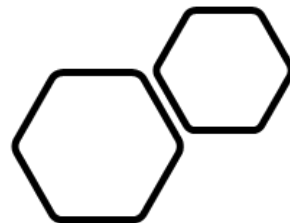
13 Ways MILK CAN HELP YOUR BODY

One serving of MILK contains many of the essential nutrients your body needs, including:

 CALCIUM 25% Daily Value Helps build and maintain strong bones and teeth.	 RIBOFLAVIN 30% Daily Value Helps your body use carbohydrates, fats and protein for fuel.	 SELENIUM 10% Daily Value Helps maintain a healthy immune system, helps regulate metabolism and helps protect healthy cells from damage.
 PROTEIN 16% Daily Value Helps build and repair tissue. Helps maintain a healthy immune system.	 VITAMIN B12 50% Daily Value Helps with normal blood function, helps keep the nervous system healthy.	 IODINE 60% Daily Value Necessary for proper bone and brain development during pregnancy and infancy; linked to cognitive function in childhood.
 VITAMIN D 15% Daily Value Helps build and maintain strong bones and teeth. Helps maintain a healthy immune system.	 PANTOTHENIC ACID 20% Daily Value Helps your body use carbohydrates, fats and protein for fuel.	 POTASSIUM* 10% Daily Value Helps maintain a healthy blood pressure and supports heart health. Helps regulate body fluid balance and helps maintain normal muscle function.
 PHOSPHORUS 20% Daily Value Helps build and maintain strong bones and teeth, supports tissue growth.	 NIACIN 15% Daily Value Used in energy metabolism in the body.	
 VITAMIN A 15% Daily Value Helps keep skin and eyes healthy; helps promote growth. Helps maintain a healthy immune system.	 ZINC 10% Daily Value Helps maintain a healthy immune system, helps support normal growth and development and helps maintain healthy skin.	

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.










*Source: USDA FoodData Central. FDA's Daily Value (DV) for potassium of 4700 mg is based on a 2005 DRB recommendation. In 2015, NASEM updated the DRB to 3500 mg. Based on the 2015 DRB, a serving of milk provides 10% of the DRB. FDA rule making is needed to update the value for the purpose of food labeling.



Three Servings of Milk Deliver a Unique Nutrient Package



Three servings of milk provide the same level of nutrients found in these foods

PROTEIN 50% DV	 4 large (50 g) hard-boiled eggs
CALCIUM 70% DV	 approx. 17 cups of raw kale
PHOSPHORUS 60% DV	 approx. 3 cups of cooked red kidney beans
VITAMIN B₁₂ 140% DV	 approx. 1 lb of pork chops
RIBOFLAVIN (B₂) 100% DV	 0.8 cups of whole almonds
PANTOTHENIC ACID (B₅) 50% DV	 approx. 5 cups of chopped broccoli
VITAMIN A 45% DV	 approx. 3 cups of sliced red peppers
VITAMIN D 45% DV	 6.5 oz of sardines (approx. 15 sardines)
NIACIN (B₃) 35% DV	 approx. six large white mushrooms

"... the **amount** of many potential alternatives to provide sufficient calcium would provide **too many calories** and/or **be a large amount** to consume daily."

"...**bioavailability** of the calcium in vegetable products has not been addressed and **could pose a concern.**"

Comparing the Cost of Essential Nutrients from Different Food Sources in the American Diet Using NHANES 2011–2014

Julie M. Hess, Christopher J. Cifelli, Sanjiv Agarwal and Victor L. Fulgoni III, *Nutrition Journal*. 2019;18:68. <https://nutritionj.biomedcentral.com/track/pdf/10.1186/s12937-019-0496-5>.

Study funded by National Dairy Council



Study Overview:

According to the 2015-2020 Dietary Guidelines for Americans, there are 10 “shortfall nutrients” that many Americans do not get enough of in their diets. Four of these nutrients – calcium, vitamin D, potassium and fiber – have been identified as “nutrients of public health concern” because their underconsumption has been linked to adverse health outcomes. This analysis of National Health and Nutrition Examination Survey data (NHANES 2011-2014) compared the cost of obtaining nutrients of public health concern from the various food groups to help identify cost-effective ways for Americans to move closer to healthy and sustainable eating patterns.

Milk and dairy were inexpensive sources of three of the four nutrients of public health concern (calcium, vitamin D and potassium), while grains were the least expensive source of fiber. Adding a serving of the lowest cost sources of the four nutrients of public health concern (milk, potatoes, sweet potatoes and quinoa) would only add \$0.81 per day for children and \$0.88 per day for adults and 350 calories.

This work reinforces the importance of consuming a variety of nutrient-rich foods for cost-effective, healthy and sustainable eating patterns.

Milk and dairy were the least expensive dietary sources of calcium and vitamin D in the American diet. Milk was also among the top 3 least expensive sources of potassium.



Least Expensive Sources of the Nutrients of Public Health Concern

Adults 19-99 Years Old

CALCIUM

- 1 Milk (dairy)
- 2 Cheese
- 3 Orange juice

VITAMIN D

- 1 Milk (dairy)
- 2 Eggs
- 3 Soy Milk

POTASSIUM

- 1 Potatoes & yams
- 2 Juice
- 3 Milk (dairy)

FIBER

- 1 Quinoa
- 2 Chickpeas
- 3 Pearled barley

Children 2- 18 Years

CALCIUM

- 1 Cheese & milk (dairy) (tie)
- 2 Orange juice

VITAMIN D

- 1 Milk (dairy)
- 2 Eggs
- 3 Fortified cereals

POTASSIUM

- 1 Potatoes & sweet potatoes
- 2 Juice
- 3 Milk (dairy)

FIBER

- 1 Quinoa
- 2 Chickpeas
- 3 Pearled barley

National Dairy Council's (NDC) mission is to bring to life the dairy community's shared vision of a healthy, happy, sustainable world with science as our foundation. On behalf of America's dairy farmers, NDC strives to help people thrive at every age through science-based information on dairy's contributions to nutrition, health and sustainable food systems. For more information visit www.USDA.gov

www.USDA.gov

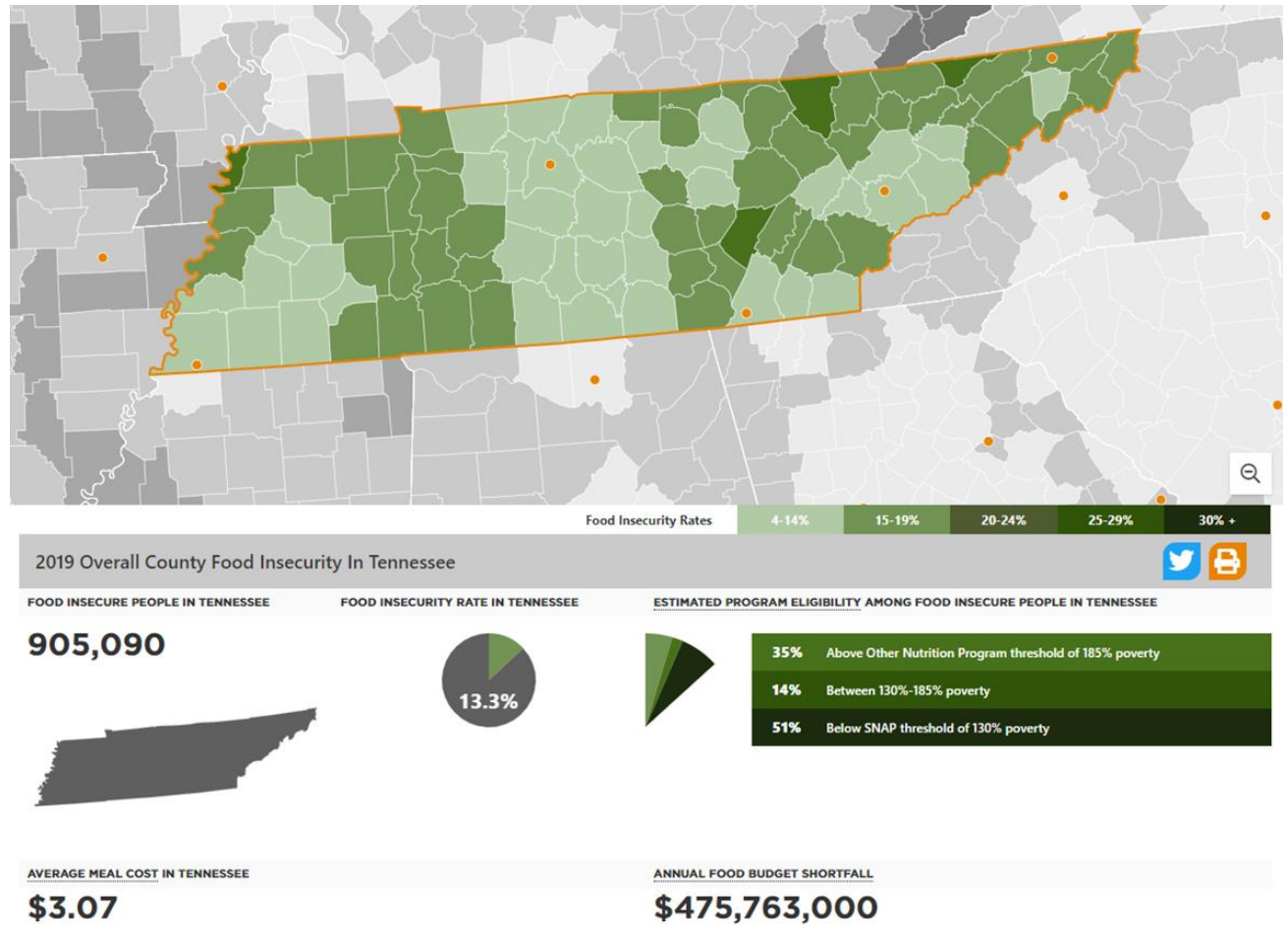


National Dairy Council



@NtDairyCouncil

No One Can Thrive on an Empty Stomach



No One Can Thrive on an Empty Stomach

In Tennessee, 905,090 people are facing hunger - and of them 237,100 are children.

1 in 8 people



face hunger.

1 in 6
children
face hunger.

People facing hunger in
Tennessee
are estimated to report needing

\$475,763,000

more per year to meet their food needs.

The average cost of a meal in Tennessee is \$3.07. Data from Feeding America's [Map the Meal Gap 2020](#) study. [Learn more >](#)

No One Can Thrive on an Empty Stomach

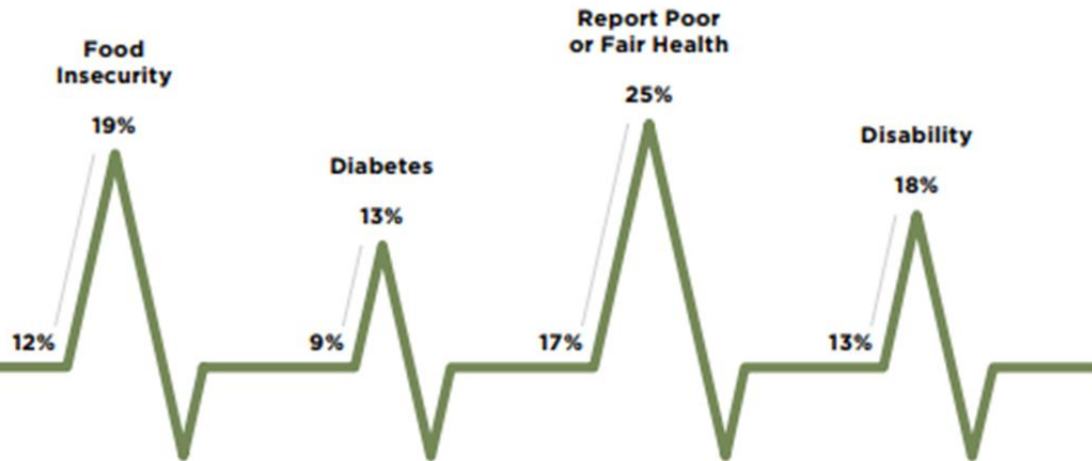
Health Indicators of Individuals in High Food Insecurity Counties Compared to All Counties



High Food Insecurity counties are the counties with the top 10% of food insecurity rates.



Average
rates across all
counties



No One Can Thrive on an Empty Stomach

Food Insecurity in Childhood is Associated with...

- Low birth weight among infants
- Stunted development
- Anemia
- Behavioral problems
- Oral health problems
- Asthma
- & more...



Federal Nutrition Programs

Defense against hunger

- SNAP
- WIC
- School Meal Programs
- Summer Meal Programs
- Others

Strong Bones for Your Kids

Growing Children Need Calcium to Build Strong Bones and Teeth!

Why do kids need calcium?

Kids need calcium to help build strong bones and teeth. The Dietary Guidelines for Americans and MyPlate recommends kids eat 2-3 servings of lowfat or fat-free dairy foods each day, depending on their age.



How much is a serving?

Each of these have a similar amount of calcium.

1 cup of Milk

1½-2 oz. of Cheese

8 oz. of Yogurt

How much calcium do my kids need each day?

Kids Ages	Amount of Calcium They Need*	Milk Servings Each Day
2-3 yr	700 milligrams	2
4-8 yr	1,000 milligrams	2½
9-18 yr	1,300 milligrams	3

*Amount of calcium needed depends on age, sex, and body weight. **One serving = 8 ounces.



THINK YOUR DRINK MILK delivers! 8 fluid oz.

When it comes to nutrition, MILK delivers!

AVAILABLE IN SCHOOLS

Low-fat milk 1%	Fat-free Chocolate Milk	Orange Juice	Water
Total Fat 2g	Total Fat 2g	Total Fat 0g	Total Fat 0g
Saturated Fat 1g	Saturated Fat 1g	Saturated Fat 0g	Saturated Fat 0g
Total Carbohydrates 30g	Total Carbohydrates 30g	Total Carbohydrates 30g	Total Carbohydrates 0g
Protein 8g	Protein 8g	Protein 0g	Protein 0g
Vitamin A 100%	Vitamin A 100%	Vitamin A 0%	Vitamin A 0%
Vitamin C 100%	Vitamin C 100%	Vitamin C 100%	Vitamin C 0%
Calcium 300mg	Calcium 300mg	Calcium 0mg	Calcium 0mg
Phosphorus 250mg	Phosphorus 250mg	Phosphorus 0mg	Phosphorus 0mg
Potassium 100mg	Potassium 100mg	Potassium 0mg	Potassium 0mg

AVAILABLE OUTSIDE SCHOOLS

Low-fat Chocolate Milk	Vanilla Almond Beverage	Sports Drink	Cola
Total Fat 2g	Total Fat 2g	Total Fat 0g	Total Fat 0g
Saturated Fat 1g	Saturated Fat 1g	Saturated Fat 0g	Saturated Fat 0g
Total Carbohydrates 30g	Total Carbohydrates 30g	Total Carbohydrates 30g	Total Carbohydrates 30g
Protein 8g	Protein 1g	Protein 3g	Protein 0g
Vitamin A 100%	Vitamin A 100%	Vitamin A 0%	Vitamin A 0%
Vitamin C 100%	Vitamin C 100%	Vitamin C 100%	Vitamin C 0%
Calcium 300mg	Calcium 0mg	Calcium 0mg	Calcium 0mg
Phosphorus 250mg	Phosphorus 250mg	Phosphorus 250mg	Phosphorus 0mg
Potassium 100mg	Potassium 100mg	Potassium 0mg	Potassium 0mg

Percent Daily Values are based on a diet of other people's secrets. *Percent Daily Values are based on a diet of other people's secrets. **Percent Daily Values are based on a diet of other people's secrets.

Three Servings of Milk Deliver A Unique Nutrient Package

The Dietary Guidelines for Americans recommends three servings of dairy products each day.*



Milk's essential nutrients can be difficult to replace in a healthy dietary pattern. Three 8-ounce cups provide as much of each nutrient as:

PROTEIN 65% DV	4 large (H) hard-boiled eggs
CALCIUM 70% DV	approx. 1/2 cup of raw kale
PHOSPHORUS 65% DV	approx. 3 cups of cooked kidney beans
VITAMIN B12 140% DV	approx. 1 lb of pork chops
BIOTIN (B7) 100% DV	0.5 cups of whole almonds
PANTOTHENIC ACID (B5) 120% DV	approx. 5 cups of shredded broccoli
VITAMIN A 40% DV	approx. 3 cups of sliced red peppers
VITAMIN D 40% DV	6.5 oz of salmon (approx. 15 sardines)
NIACIN (B3) 20% DV	approx. 16 large whole almonds

*The 2010 Dietary Guidelines for Americans recommends three servings of dairy per day for all ages 2 and older. Source: U.S. Department of Agriculture, Food and Nutrition Assistance. USDA National Nutrient Database for Standard Reference. ©2010 USDA. All rights reserved. **Percent Daily Values are based on a diet of other people's secrets. *Percent Daily Values are based on a diet of other people's secrets. **Percent Daily Values are based on a diet of other people's secrets.



create-a-reimbursable meal smoothie

Fluid Milk 8 oz. Fluid Milk (credit as 1/2 cup)

Yogurt 4 oz. (Credit as 1/2 cup/meat alternative)

Fruit 1/2 cup total (credit as fruit juice)

Extras (optional)

Yield: 1-16 oz Smoothie

Check current USDA meal reimbursement guidelines for meal component credit information.

THE DAIRY ALLIANCE thedairyalliance.com

DECODING the DAIRY aisle

Remember, there are many types of dairy products, and not all are created equal. Look for the following labels to help you choose the best dairy product for your needs.

1. Fats: Look for the words "whole," "2%," "1%," or "fat-free" on the label. These words tell you how much fat is in the product. Whole milk has the most fat, followed by 2%, 1%, and fat-free. Fat-free products are often called "skim" or "nonfat."

2. Added Sugars: Look for the words "added sugars" on the label. This tells you how much sugar has been added to the product. The less added sugar, the better. Look for the words "no added sugars" or "unsweetened" on the label.

3. Protein: Look for the words "protein" on the label. This tells you how much protein is in the product. The more protein, the better. Look for the words "high protein" or "protein rich" on the label.

4. Calcium: Look for the words "calcium" on the label. This tells you how much calcium is in the product. The more calcium, the better. Look for the words "high calcium" or "calcium rich" on the label.

5. Vitamin D: Look for the words "vitamin D" on the label. This tells you how much vitamin D is in the product. The more vitamin D, the better. Look for the words "high vitamin D" or "vitamin D rich" on the label.

Resources

TheDairyAlliance.com

Own, live and share the dairy story.



Any Questions

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Follow Us!



Keisa Burrell, REHS/RS
Environmental Health Specialist II
Metro Public Health Department



**Metro Health
Department**

After School Food Program

Best Practices

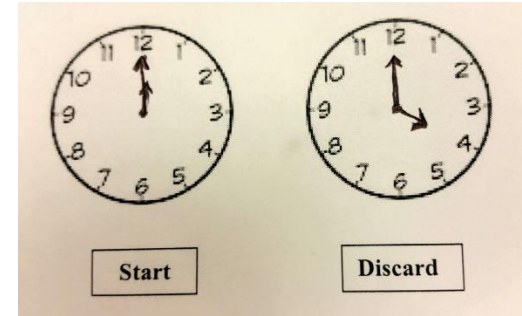


Food Safety

- Food served must come from an approved source
 - Permitted kitchen (restaurant, markets)
 - Permitted manufacturer (Sysco, Kroger, etc.)
- Food must be delivered and maintained at the proper temperature
 - A time as a public health control (TPHC) policy is an available alternative
- We do not check participants' homemade lunches
- Do not serve food to the group that came from home (cupcakes, homemade juices, etc.)
- Raw juices and milk are not allowed

Time as a Public Health Policy

- **Written policy created by organization**
- **Best for hot food**
- **Copies follow food deliveries**
 - Time food left warmer/refrigerator must be noted
- **All food covered by policy are discarded after 4 hours (hot food) or 6 hours (cold food)**



Employee Safety

- Proper handwashing
- Employee illness policy
- Demonstration of knowledge



Permits



- Fees
 - 0 - 50 children: \$50
 - 51+ children: \$80
- Renews annually

Any
Questions



Contact Information

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Nashville, TN 37209



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615-340-8944

Nondiscrimination Statement

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To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](http://www.ascr.usda.gov/complaint_filing_cust.html), (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) Mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) Fax: (202) 690-7442; or
- (3) Email: program.intake@usda.gov.

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*~Tennessee Department of
Human Services*



MAY YOU BE PROUD
OF THE WORK YOU DO
THE PERSON YOU ARE
AND THE DIFFERENCE
YOU MAKE

Upcoming Trainings



Ounce Equivalents in CACFP

September 7, 2021

9:00 am CST

CACFP Waivers Training

September 23, 2021

9:00 am CST

Closing Remarks



THANK

You

